

# GULF SWIMMING SUMMER CHAMPS

July 15-17, 2016

A Long Course Meters Prelims / Finals Meet

HOSTED BY



**\*\*\*For ALL Prelim Sessions\*\*\***  
**All swimmers are required to circle-in at least 45 minutes before the beginning of each prelim session for all events.**

## Friday, Saturday, & Sunday Prelim Warm Up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:25	PEAK	PEAK	PEAK	PEAK	SHARKS	SHARKS/AQUA	AQUA	COOG
7:25-7:50	SSS	SSS	SSS	SCAT	BLST	NOCH	PLAT	LAP/PACE
7:50-8:15	ESA	AMBU/ECS	BTA	KATY	KATY	KATY	KATY	KATY

## Friday, Saturday, & Sunday Finals Warm Up Schedule

Open Warm Ups 4:00 - 4:45 pm

## Friday, Saturday, & Sunday Prelim Timing Assignments

Activity Pool End of the Pool - Odd Heats (Women's 400 IM & FR and all 1500 Free: must provide 2 timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	AQUA	BLST	BTA	ESA	COOG	NOCH	SSS	SSS
Chair 2	AQUA	BLST	BTA	ESA	COOG	NOCH	SSS	ECS

Diving Board End of the Pool - Even Heats (Men's 400 IM & FR must provide 2 timers)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Chair 1	PEAK	PEAK	SHARKS	SCAT	KATY	KATY	KATY	KATY
Chair 2	PEAK	PEAK	SHARKS	PLAT	KATY	KATY	KATY	KATY

## Friday, Saturday, & Sunday Finals Timing Assignments

16 Chairs at Activity Pool end: PLEASE Volunteer!!!